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PelhamNEWS

Honours for Pelham firefighters



SUBMITTED PHOTO

Firefighters, front from left, Henry Timmers, Henry Wutzke, Paula Park and Bruce Girard received medals for 20 or 30 years of volunteer service with the Pelham Fire Department. At right is fire Chief Bob Lymburner. In back from left are district fire chiefs Jim Waldeck from Station No. 3, Ben Gutenberg of Station No. 1 and Owen Simmonds of Station No. 2.



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UPFRONT

Welland singer Vince headed to Grammy Awards audience

ALLAN BENNER
Postmedia Network

Ashlynn Vince has come a long way since she first stepped up to the microphone at the Urban Steakhouse in Fonthill.

Back then, she was a shy 12-year-old who loved to sing. And restaurant owner Gerald Gervais urged Vince's parents to keep bringing her back for open mic nights.

"It was Gerald who got me started singing in front of people," Vince said.

Gervais said he could see her confidence growing to match her talent.

"At her age, she had a great voice. She just needed confidence," he said.

"There's more to being on stage than just singing. Finding people that have the stage presence is rare. It was great to see her grow. The more she went on stage the more confident she got."

Now 18 years old, Vince has had two songs playing on U.S. radio stations that made it to the Billboard Music Charts top 40.

And one of those songs, *Hold on to Love*, made it to the Grammy Award's official ballot, along with about 300 or 400 other songs that had been cut down from an initial list of about 21,000 entries.

While the handful of Grammy nominations in her category recently went to music superstars including Kelly Clarkson and Ed Sheeran, Vince is far from disappointed.

She said there's a process involved in reaching that level of success, and she is slowly working towards that goal.

And, despite missing out on



ALLAN BENNER/POSTMEDIA NETWORK

Ashlynn Vince, who recently lost out on a Grammy nomination will be performing at a fundraising concert at Rose City Kids Theatre.

a Grammy nom. Vince won't be left out of the fun.

The National Academy of Recording Arts and Sciences sent tickets to the big event to Vince's manager, Tony Mantor from Plateau Music. Vince will be there in the Gram-

mys audience, along with her family, when the awards are handed out in Los Angeles on Feb. 15. Before she leaves on her first trip to California, Vince will be performing one more show for her hometown audience.

Vince teamed up with Gervais to organize a fundraising concert, at 7 p.m. Friday, Jan. 29, at Rose City Kids Theatre at 99 East Main St.

Proceeds from ticket sales are being donated to Rose City Kids, an organization

working to inspire children in the community, as well as the Niagara Food Festival, an event that needs the community's support to continue after last year's fair was left with a deficit of about \$80,000.

ASHLYNN VINCE FUNDRAISING CONCERT

Friday, Jan. 29, 7 p.m.
Rose City Kids Theatre, 99 East Main St., Welland
Jason Stripe will open the show.

Tickets \$10 or \$25 with VIP package
Available at the door or My Alibi restaurant
Proceeds to Rose City Kids and Niagara Food Festival

Due to the food festival's uncertain future, the funds could instead be used to help support free weekend concerts at the Merritt Park during summer.

Gervais has tickets available at his East Main Street restaurant, My Alibi, located next door to the theatre where Vince will be performing. Tickets will also be available at the door on the night of the show.

They cost \$10 each, or \$25 for VIP tickets that include seats near the front of the theatre, as well as a party afterwards at My Alibi.

Gervais is clearly proud of the girl he helped get started about three years ago.

"She has a lot of talent," he said, certain that she'll have a successful music career.

"She's not sitting there just hoping and dreaming that it happens, she's going after it."

allen.benner@postmedia.ca
Twitter: @abenner1

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LOCAL NEWS

Nurdles progress to provincials

FRANKI IKEMAN
Postmedia Network

The Fonthill Nurdles have advanced to a provincial First Lego League (FLL) competition for their trash talk.

The robotics team competed at the FLL regional competition in St. Catharines on Dec. 5, taking home a gold medal and securing them a spot at the next level of competition to be held at the University of Waterloo on Jan. 30, for competing in a robot competition and for their presentation for this year's theme Trash Trek.

The team began their research about trash and decided to put their focus on gift cards, which although made from recyclable material, are non-recyclable due to their size, said Fonthill Nurdles coach Tracie Coyne.

"There's no place in Ontario that will recycle gift cards because they're small and light and tend to clog the sorters so

they have to be dealt with independently," Coyne said.

The Fonthill Nurdles began collecting gift cards and have managed to accumulate over 90 pounds of used cards. The cards were collected in boxes the team set up at local Sobays and Tim Hortons stores as well as the Seaway Mall, Niagara Region and Town of Pelham. The cards collected so far will be sent to a recycling company in Ohio called Earthworks.

The group's ultimate goal is to get a permanent regional program going to collect gift cards to be recycled. The group has been invited to present to regional waste management and Pelham town council, and has reached out to Tim Hortons' head office to talk about a chain-wide collection program, Coyne said.

franki.ikeman@postmedia.ca
Twitter: @FrankiIkeman



The Fonthill Nurdles, pictured with collected gift cards.

FRANKI IKEMAN/POSTMEDIA NETWORK

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Looking ahead to capital budget, major projects

DAVE AUGUSTYN
Special to Pelham News

Since both town and regional councils approved 2016 capital budgets, I want to inform you about some major improvements planned for Pelham this year. Let's start with a couple of the biggest.

Pelham Community Centre

As I wrote about previously, Pelham town council earmarked \$37 million in the municipal budget toward constructing a planned community centre.

I purposefully use the word "earmarked" because we included what's like a place-holder in the 2016 capital budget. In the case of the community centre, both the design plan and the spending of any of these

funds will have to come back to council for approval.

Why did we do this? The major reason is so that this project might be eligible for government grants. You see, previous federal and provincial grants only funded projects local councils already included in their approved capital budgets.

In fact, in his speech to the Toronto Board of Trade last Thursday, Amarjeet Sohi, Canada's Minister of Infrastructure and Communities, stated the government's desire to invest \$10 billion in infrastructure projects now to help stimulate the economy.

He said he trusts municipal governments to set priorities and wants both shovel-ready and shovel-worthy projects.

By earmarking these funds this year and by working to finalize the design this spring,

I hope we can be well positioned for council to consider proceeding with this important project this year.

Maple Acre Library

You might recall that last year we budgeted \$1 million for the design/build for a renewed Maple Acre library. We will proceed this year with the construction.

Since last fall, the Maple Acre advisory committee worked with an architect and builder toward a design that meets the town's guidelines for civic landmark buildings, enhances the heritage/original portion of the Maple Acre library and adds on a learning commons with restable, flexible, multi-purpose open space. Last Wednesday, the Maple Acre advisory committee approved Option A as the design for the new library facility.

The committee considered more than 130 comments, gathered during a public open house, through comment sheets at the Pelham Arena and Pelham libraries and via an online consultation and agreed with the 72 per cent of those who chose option A over option B.

I'm thrilled the town will reconstruct Maple Acre into a state-of-the-art library while honouring nearly a hundred years of library service in Fenwick. I look forward to people enjoying the renewed facility for many years to come.

More about our other planned capital improvements for 2016 next time.

You can contact Mayor Dave at daveaugustyn@pelham.ca or read past columns at www.pelhammayordave.blogspot.com.

Stigmatizing smokers won't help them butt out

Quitting smoking is good.
Stigmatizing people who smoke isn't.

There has been a significant decline in the rates of cigarette smoking over the past few decades, which can be attributed to a combination of strategies including taxes, laws, public education and de-normalization.

De-normalizing cigarette smoking has reduced its social acceptability by counteracting the depictions of smoking as cool or glamorous by tobacco companies.

However, while some people who smoke report the de-normalization of smoking has increased their intentions to quit, many others have experienced lower self-esteem and feelings of shame, guilt or hopelessness, which can hinder an attempt to quit or push them to try to hide their smoking.

The social stigma can be even worse for people who smoke and live in poverty.

Nicotine is highly addictive, but physically and psychologically, for every person you may know who has quit "cold turkey," there are countless numbers



LORI
KLEINSMITH

more unable to maintain a quit attempt. Quitting smoking is not impossible, but it is definitely not easy, especially the longer a person has been smoking. Research has shown it can take 10 or more attempts before success is maintained long term.

Friends and family may offer well-intentioned advice to a person who smokes, thinking this will motivate them to quit. However, this can often backfire and lead to further anxiety, self-blame and inaction.

The term "smoker" itself is a stigmatizing label that places blame on the person, rather than acknowledging the fact smoking is a complex addiction, not simply a lifestyle choice. Smoking is often a coping mechanism for stress and other difficult emotions, and can quickly become entrenched in a person's life.

The last few generations of youths have grown up with mass media campaigns and talks with the school health nurse warning about the dangers of smoking.

We know smoking is harmful to our health. These well-intentioned messages may have contributed to fewer youths taking up smoking, but we have not eliminated smoking altogether. This is because behaviour changes are influenced by much more than just knowledge.

If we all followed the health messages taught in school or heard on television, everyone would be eating five to seven daily servings of fruits and vegetables, sleeping eight hours a night and exercising regularly. We know this is not the case.

I am not in any way condoning the use of cigarettes, and we must do all we can to prevent people from starting smoking and to support people who are trying to quit. I am suggesting a less stigmatizing and more empathetic approach is needed if we truly want to help.

■ Avoid dirty looks, derogatory comments and guilt-inducing scare tactics. Choose your words more carefully and

with sensitivity. Labels are for packages, not people. For example, speak about "a person who smokes" rather than "a smoker." A "dirty habit" is actually an addiction.

■ Change the way you think about people who smoke and see them as human beings with the same feelings, emotions and struggles that you experience. Think about your own personal challenges to make permanent changes in areas of your life. Offer compassion, not guilt.

■ Ask a person how you can help, rather than offering up what you think is useful advice to quit smoking. Be encouraging. Words can sometimes hurt more than they can help.

Let's all do our part to help foster a more positive, caring and supportive environment that does not continue to isolate or marginalize people who smoke. Understanding the challenges of quitting smoking and helping to build the confidence of people to quit when they are ready can go a long way.

— Lori Kleinsmith is a health promoter and smoke cessation counsellor at Bridges Community Health Centre in Port Colborne.



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LOCAL NEWS

Critelli's cup runneth over with honour



SHAWN HYNTELSPER/SPECIAL TO POSTMEDIA NETWORK

The Ontario University Athletics Women's Basketball Championship trophy will be renamed to the Critelli Cup in honour of Brock University assistant athletic director Chris Critelli.

BERNIE PUCHALSKI Postmedia Network

Chris Critelli has amassed a pile of awards during her years as a basketball player, coach and sports administrator.

The St. Catharines native is a member of the Canadian and Ontario basketball, St. Catharines and Denis Morris sports hall of fame and now the former Olympian will see her surname be a part of Ontario university women's basketball tradition in perpetuity.

Ontario University Athletics had decided to name its women's championship basketball trophy the Critelli Cup in honour of Brock's assistant athletic director and former long-time women's basketball coach.

"I am surprised and it's a little bit surreal," she said. "It is perpetuity and it's so cool that my family name is going to be out there forever."

Critelli has a difficult time sorting out her emotions about the honour.

"It is really hard to describe because this is wild," said the two-time NCAA Division and Canadian university sports basketball champion. "I can't imagine having a trophy named after me. I am overwhelmed."

Critelli first found out about the honour when a list of the nominees were sent to her as part of the correspondence package she receives for her duties on the OUA sports committee.

"I'm not sure it was sup-

posed to come to me, but I read it and saw that I was nominated. I thought it was pretty neat and it was quite a surprise just to be nominated."

She found out in November that it would be called the Critelli Cup when the OUA called to arrange to shoot a video clip about her 33-year career at Brock.

"When I found out, I was shocked, knowing the nominees were so outstanding," she said. "They've done way more than I have and it was quite an honour."

The official announcement took place Wednesday night in the Bob Davis Gym between the Brock Badgers women's and men's basketball games against Western. Scheduled to be in attendance were OUA president Peter Baxter and OUA CEO Gord Grace.

Critelli's 33-year career at Brock has seen her serve as athletic director, assistant athletic director and assistant and head coach of the women's basketball team. In her 25-year coaching career, her teams recorded 393 wins, six divisional titles and an OUA crown.

As a player, Critelli played in the 1976 Olympics at age 18 and won three international bronze medals. She is the only player in history to be a part of NCAA and Canadian University Sport championship basketball titles. The Canadian titles came when she was a member of Laurentian and the NCAA titles were garnered at Old Dominion.



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LOCAL NEWS

'It's a child's life that is at risk'

RAY SPITERI
Postmedia Network

Most drivers know what "STOP" means, but some continue to disobey the law, particularly when it comes to school buses.

In recent weeks, numerous residents in the McLeod Road and Kalar Road area of Niagara Falls have contacted police with concerns about vehicles not stopping for school buses when students are boarding and exiting.

Many of the students included pre-school-aged children leaving and returning to a day-care centre in the area.

Niagara Regional Police attended the area for a traffic investigation for a day last week.

During that morning and afternoon, police charged four drivers for failing to stop for a school bus.

The infraction included a \$490 fine and six demerit points.

Police said one of the drivers was a novice-class G2 license holder who will now be subjected to a licence review by the Ministry of Transportation and suspension upon conviction.

Police said all four drivers made no attempt to slow down, driving past the bus as it was loading and unloading children.

By law, drivers are required to stop their vehicle in any direction when a school bus is stopped with its overhead flashing red lights working. Drivers can proceed once the lights are turned off and when it's safe to do so.



MIKE DINIATISTA/POSTMEDIA NETWORK

Motorists stop for a school bus in Niagara Falls on Wednesday. Niagara Regional Police are reminding drivers they are required to stop their vehicle in any direction when a school bus is stopped and its lights activated.

Lori Powell, executive director with Niagara Student Transportation Services, said motorists passing stopped school buses is a "big issue" they frequently hear about from bus drivers.

The organization provides transportation services for the students of the District School Board of Niagara and the Niagara Catholic District School Board.

"We hear complaints from

bus drivers, whether it's blow-by or a car jamming on their brakes at the last minute," Powell said.

"It's a child's life that is at risk. We need to make sure we're alert when we're driving and paying attention to the task at hand."

She said there have been a number of "near misses" where a bus driver had to lay on the horn to get a student's attention to stop crossing the

road, and to get the attention of a motorist.

Powell said bus drivers are trained to follow specific safety practices, such as making sure it's safe to stop a bus and let a student on or off. They will also give students signals to alert them to their surroundings.

She said the organization goes to elementary schools for student safety training.

While school buses generally

stop on both sides of the road, there are situations designated for one-side stops because there's a history of problems in a particular area.

The McLeod Road and Kalar Road area is one of those situations.

"We've partnered with the police before to monitor traffic," Powell said. "We need to be cautious in and around school buses."

PEOPLE CHARGED ACROSS NIAGARA

2013: 10
2014: 12
2015: 12

In 2012, the stretch of Kalar Road between McLeod Road and Lundy's Lane was designated a Community Safety Zone. The area is home to several schools, parks, community groups and residences.

Designating an area as a Community Safety Zone allows for traffic violation fines to be doubled.

"When these incidents occur, they can be very attention-getting in that the law is very clear and young children's lives are put at risk," NRP spokesman Const. Phil Gavin said.

"These incidents are further compounded when they are impacted with issues such as distracted driving or poor weather conditions."

Gavin said it's not "terribly common" for Niagara motorists to be charged for failing to stop for a school bus.

He said 12 people were charged across the region in 2015, 12 in 2014 and 10 in 2013.

"We will respond to neighbourhood complaints and crossing guard/bus driver complaints," Gavin said.

ray.spiteri@summa.ca
Twitter: @RaySpiteri

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Thursday, February 4	10:00–11:00 am

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Sunday, Jan 31 1:00-2:20 pm Tuesday, Feb 2 4:00-5:00 pm	Thursday, Feb 4 1:00-2:00 pm Parent/Preschool Tuesday, Feb 2 1:00-2:00 pm Friday, Feb 5 10:00-11:00 am	Monday, Feb 1 1:00-2:00 pm Contact Julie Cook at jcook@pelham.ca or 905-892-2607 ext. 329 for details	Tuesday, Feb 2 8:00-9:00 am Friday, Feb 5 9:00-10:00 am	Monday, Feb 1 9:30-10:45 am Thursday, Feb 4 10:30-11:45 am	Thursday, Feb 4 9:30-10:30 am Hockey Skills Hour Monday, Feb 1 11:00-12:00 pm Thursday, Feb 4 2:00-3:00 pm	Tuesday, Feb 2 7:00 pm vs. St. Catharines

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Thank You!

We greatly appreciate that you have been reading our Town of Pelham Community Page in this newspaper for the last three years.

Your interest in Town news, events, activities and programs is wonderful and we hope that you will continue to stay in touch with us through our:

- Town website at pelham.ca
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Please note that this is the last publication of this page. See you all online!

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LOCAL NEWS

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Ontario Tire Stewardship squandering taxpayer dollars on booze, hotels

It may be a new year, but there's nothing new in the way the Ontario Liberals do business and waste taxpayer money.

The start of 2016 brought it with it news reports that the Ontario Tire Stewardship has squandered thousands of dollars in eco-fees on booze and meals; stays at luxury hotels; wine tastings and a boat cruise.

Why does it matter how the staff at the Ontario Tire Stewardship spend their money? Because it's not their money — it's yours.

The Ontario Tire Stewardship is a government-legislated agency that operates without public oversight despite holding a purse of about \$80 million per year of public money. It collects roughly \$5 per tire from consumers for every new passenger vehicle tire purchased in Ontario. Fees for commercial vehicle tires are significantly higher.

The stewardship is tasked with using those fees to recycle the millions of tires disposed of in the province each year — previously burned or deposited in landfills.

I don't think spending \$16,000 at the Fairmont Château Laurier in Ottawa; \$4,223 for a winery tour, tasting and accommodations at the Prince of Wales in Niagara-on-the-Lake; or \$300 for a dinner of elk tenderloin, wild boar chops and Cabernet Sauvignon is the best way to recycle tires.

What's worse, the spending goes beyond luxury dinners and fancy hotels.



TIM
HUDAK

It has also been reported the Ontario Tire Stewardship has made sizeable donations to the Liberal Party of Ontario, including \$3,200 to the Liberals' 2015 Summer Golf Classic and \$1,000 to the Liberals' May 2014 fundraising event.

It's galling that public dollars have been spent so frivolously, but downright insulting to know an agency sanctioned and mandated by the government has used public money to line the pockets of the party that holds power at Queen's Park.

It's almost laughable that the agency defends the \$3,200 golf fees as justified because it allowed stewardship officials the opportunity to meet the premier on the golf course and discuss their concerns about the program's \$49.6-million surplus. I think the surplus funds would have been better spent reducing the eco fees, or coming up with a more revenue-neutral program.

Better yet, speed up the passing of a new provincial law that would phase out the stewardship and other agencies like it, get rid of the fat cats luxuriating on the public dime and show some respect for hard-working Ontarians and their money.

— Tim Hudak is the MPP for Niagara West-Glanbrook.

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LOCAL NEWS



CHRISTOPHER KING / POSTMEDIA NETWORK

Alan Doyle will open his latest tour later this month in St. Catharines.

It's been a big sea change for Alan Doyle

JOHN LAW
Postmedia Network

Being nervous has served Alan Doyle well.

The burly Newfoundland-born singer jokes he always felt a bit of unease during his 20 years with Great Big Sea, wondering when the ride would come to an end. When it finally did at the end of 2013, his schedule — and life — was suddenly wide open.

"Nothing scares me like an empty calendar," says Doyle, on the line from Los Angeles.

He has spent two years filling it. With a book (*Where I Belong*). With an album (*So Let's Go*, his second solo release). With constant touring.

As Doyle says, he never knows when it'll all be taken away.

"I'm constantly worried that someone's gonna come knock on the door and go 'Wait a minute, you don't know how to write a book? I'm going to go 'I know!'"

Even on a rare night to relax, his ears are open. Doyle had plans to chill on New Year's Eve until organizers of the annual Niagara Falls concert at Queen Victoria Park gave him a ring.

The show was scrambling to find acts after Global pulled out of broadcasting it. Doyle had played the concert three previous times with Great Big Sea ... would he do one more?

He called his band Beautiful Gypsies, talked them into working on New Year's Eve, and made the trip.

"It was awesome," he says. "It was a great night. It's a cool place to be, and has a sense of occasion about it."

With the start of 2016 comes another tour, starting Jan. 27 at the First Ontario Performing Arts Centre in St. Catharines — which he'll do while polishing off new songs to be released next month. And writing his second book, also coming out next year.

"People always ask me if I get nervous still, and I say 'Every single night.' The night that I stop being nervous, that's the night where it will definitely suck. The only thing that keeps me going forward ... is the constant awareness that I could shag it all at any second."

"Most creative people I know are like that. They know they have to give it 110 per cent every time, just to buy themselves a chance to stay afloat."

Great Big Sea ended with the departure of co-founder Sean McCann. Doyle and the group's other co-founder, Bob Hallett, pondered going on, "but we couldn't find a way."

"Rather than do something unamiable, we said, 'Well, let's let it rest.' The last thing in the world I wanted ... was to have the last thing that Bob and Sean and I did together (be) a racket. We're not doing that."

He felt "relief" that it ended on good terms, knowing he could focus on "what comes next."

Not that it wasn't nerve-wracking.

"It's especially spooky to stand on stage without the weight of a 20-year ship behind you," he says. "But it's also very rewarding after to see that people are still interested in hearing what I'm up to."

"It's been one of the most rewarding things of my professional life that in the last two years I've discovered time and time again that people are interested in hearing me out of Great Big Sea. I couldn't tell you how grateful I am for that, and how lucky I feel."

No matter who he plays with, Doyle aims for the same thing every show.

"My tours are still designed to give people the greatest night of their lives," he says. "When someone buys a ticket, they're leaving with their legs wobbly and their throats sore."

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CONGRATULATIONS

Please join Dwayne Pyper and all the Partners and staff of our Firm in congratulating **Colin Cook** for successfully obtaining his Chartered Business Valuator (CBV) designation from the Canadian Institute of Chartered Business Valuators.



From left to right:

Dwayne Pyper, CPA, CA, CMA, Mgt. Partner, Business Valuations
and **Colin Cook, CPA, CA, CBV (Manager, Business Valuations)**

Colin Cook, CPA, CA, CBV, joined DJB in 2008, where he primarily served owner-managed businesses and various not-for-profit organizations in the community. In 2012 he joined the Firm's Financial Services Advisory Team (FSAT), where he now specializes in business valuations, business acquisitions and divestitures, forensic accounting and calculations of income for support purposes. In his role on DJB's FSAT, he is passionate about providing clarity for his clients regarding the complex issues of valuing their businesses. He helps clients unravel the often contentious question, "What's it worth?"

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OPP Sgt. Scott Whitehorse of the Niagara detachment was taken to hospital with injuries after a vehicle struck his OPP cruiser on the Garden City Skyway Wednesday.

OPP PHOTOS

Skyway crash reminder of dangers police face

BILL SAWCHUK
Postmedia Network

They sit as silent memorials — spartan, blue signs on bridges across the QEW in Niagara. They honour OPP officers killed in the line of duty on the highway.

Const. Charles Mercier's name is on the Niagara Street overpass in St. Catharines. He was direct-

ing traffic at a construction site on Sept. 30, 1999, when his cruiser was struck by a truck driver who fell asleep.

Const. Michael Gula's name is on the McLeod Road overpass in Niagara Falls. A bit-and-run driver struck him from behind during a traffic stop near the bridge on April 2, 1996.

Const. John Gregov-

ski's name is on the CN rail overpass at Sand Plant Hill in Niagara Falls. A tractor-trailer fatally struck him on Jan. 4, 1989, at the base of the nearby Garden City Skyway. The crash also killed a passenger from a disabled vehicle who was sitting in Gregovski's cruiser.

The officers died years apart, but within a few kilometres from each other

along the same stretch of road.

Last week, there was another close call.

Paramedics took OPP Sgt. Scott Whitehorse of the Niagara detachment to the hospital with injuries after a vehicle struck his OPP cruiser on the skyway.

"When I was heading to the skyway, I looked over, and it brought back the memories," Sgt. Ian Idzenga of the Niagara detachment said. "Some of us, who have been around a while, knew the officers that were killed. At least, in this case, I knew (Whitehorse) was OK because he was talking on the radio.

Whitehorse stopped to assist the driver of a disabled vehicle in the Toronto-bound lanes of the QEW bridge at the border of St. Catharines and Niagara-on-the-Lake Tuesday at noon. Sgt. Kerry Schmidt of the OPP said. A tow truck was also at the scene.

Whitehorse activated his emergency lights and called the Ministry of Transportation for crash trucks, blocking vehicles equipped with energy-absorbing barriers, Schmidt said.

"It can be frightening situation — especially on the skyway," Schmidt said. "There is no shoulder up there. The officer is exposed to the elements. Drivers may be tempted to

take in the view of the lake and the city.

"But if a car is blocking a lane with just its four-way flashers on, we don't have a lot of options. We have to get up there and help."

"We activate our emergency strobes to warn other motorists. Had the car not smashed into the cruiser, he may have hit the disabled vehicle, or the motorist as he was walking outside the vehicle. It's very dangerous. We end up using our car as a cushion."

Two right lanes on the skyway were closed through the early afternoon because of the crash.

Whitehorse is out of the hospital, Idzenga said. "It is minor injuries, but he is extremely sore," Idzenga said. "He is also very lucky. We were fortunate it was a car not a tractor-trailer."

Police charged the motorist that hit the cruiser with failure to move over and careless driving under the Highway Traffic Act. There is a \$490 fine as well as three demerit points for disobeying the "move over" law.

The Highway Traffic Act requires motorists approaching a stopped emergency vehicle with red or red/blue lights flashing, on the same side of the road, to slow down. If there are multiple lanes in the

same direction of travel, the driver must vacate the lane adjacent the emergency vehicle if it can be done safely.

The move over law isn't new. Media outlets have been reporting on it for years. The province includes a notice about the law with every licence or plate renewal letter.

Only since last June did legislation come into effect in Ontario requiring the same driver behaviour in the presence of tow-truck operators.

Idzenga said he is frustrated. He said he has almost run out of words to remind the public about the importance of paying attention to the road conditions and obeying the "move over" law.

"We had the lane closed at the base of the skyway," Idzenga said. "The driver is looking up the skyway and with the elevation and can see a way ahead. I don't understand how someone couldn't see what was going on."

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Is the LightSheer Diode FDA approved?

The laser was developed in 1984 and the first hair removal study began in July 1996. The FDA cleared the device for treatment in December 1997. The FDA then granted its claim for permanent hair reduction in April 1999 after it demonstrated in a 3000 person study a better than 90% permanent hair loss after only 3 treatments.

Is hair reduction permanent?

Yes, 90% of individuals. Treatments work the most successfully on hair that is light brown to black. Blond, gray and some reds do not have enough melanin for the laser to absorb. Most clients will lose 20-30% of hair volume with each treatment. The FDA defines permanence as a hair that does not regrow after 5 cycles of growth. Hair regrows in cycles between 4-12 weeks depending on the body area.

Is there an age limit for treatments?

It is suggested that a hair have gone through puberty. All ages can benefit as long as they understand the process and potential side effects.

Who is a candidate for laser hair treatments?

Anyone who has hair that is light brown to black. The LightSheer with its patented chill tip at four degrees Celsius allows clients with any skin color to be treated safely and effectively.

How many treatments will I need?

Hair grows in continuous cycles. The anagen or growth phase of hair contains the largest amounts of melanin and this phase is the laser's target. From scientific studies we understand that any area contains a maximum of 20-30% anagen hairs at one time. So, these anagen hairs are affected each treatment. Most clients will require a minimum of three treatments up to six sessions. Repeat sessions are necessary. Hair hair and dark.

Non-invasive your treatments may be ongoing. To have treatments it is imperative that they be sequenced. client's expectations of hair loss are different. Some may be happy with 50-60% loss and may want to discontinue and others will want to continue until they reach their maximum loss of 70-95%. No one will ever be 100% hair free.

What areas can be treated?

All areas of the body except for the area around the eyes.

What should I do before my treatment?

Try to avoid sun exposure. Hair can be more aggressively treated without a fresh tan. Having hair is essential to having a successful treatment. You cannot wax, tweeze, thread or have electrolysis for 4 weeks before a treatment. The best way to manage hair before is to shave, trim, bleach or use cream depilatories. The day of your treatment the hair will need to have been freshly shaved. If you suffer from cold sores often and are having your mouth area treated you will need to get a prescription for Acyclovir or Zovirax and take as directed by your technician. Usually it is 2 days before and 3 days after your treatment. Purchase after Aloe, Vitamin E gel or sunburn creams and keep them in your fridge ready to go for after your treatment.

Why the LightSheer Diode Laser?

The LightSheer has numerous documented studies to demonstrate its efficiency. With its patented chill tip and 800 nm wavelength and ability to have a variable pulse duration to affect hair the LightSheer diode is considered the "gold standard" for hair lasers.

Does the treatment hurt?

No treatment to remove unwanted hair is completely painless. LightSheer has the patented chill tip and compression of the skin, which reduces the discomfort. The darker the hair the more the client may feel the pulse of the laser. Clients that have previously waxed or had electrolysis usually find the treatments more tolerable. Most people describe the sensation as tingling or slight stinging. The first treatment is usually the most uncomfortable. There are some options to make the treatments more comfortable. You can take whatever you normally take for a bad headache before your treatment. Analgesic that is used for toothaches can assist those having their upper lip treated. Emla® is available. It is a topical anesthetic. You can purchase it at your local pharmacy. The hair needs to be shaved first, then apply a thick layer and occlude with warm wrap. It warms the head after it has been on for a minimum of 1-2 hours. Your technician can inform you of how many tubes you will need to purchase.

What can I expect during the treatment?

The area will be cleaned. A touch up shave will be done if there is still hair visible. You will be asked to sign a consent form. Photos will be taken. Gel is applied to the skin and the laser is compressed into the skin and the treatment begins. You will not feel a distinguishable sensation of the lasered hair. This is a good sign and the small will not hurt you. The skin will be cleaned frequently. After treatment a gel or cloth will be applied to your skin.

How does the laser work?

The laser targets the melanin, the pigment located in the hair bulb and shaft. The laser light energy causes thermal damage to the follicle. The damage causes delayed regrowth and permanent destruction of the hairs in anagen or growth phase.

Will tanning affect my treatment?

A tan is damage to the skin. When it is damaged it creates "tan" or color. This is "melanin" deposits in the skin. The laser is attracted to melanin. The technology in the LightSheer above the skin to be cooled effectively to not increase the "tan" but the energy of the laser must be reduced to accommodate a tan. Therefore the client may require more treatments than someone without a tan. To have a more effective and aggressive treatment it would be better to not have a tan.

How long do I wait between treatments?

Waiting time may vary with individuals. The general guideline is 4-6 weeks for neck and armpits areas and 8-12 weeks for areas below the neck.

What can I do with the hair in between treatments?

You should not let much hair be managed. If you need to, shaving or trimming is the most effective way to maintain in between treatments.

Is it safe?

Yes. A laser is an intense source of light that produces

heat. Its target is melanin in the hair shaft. The wavelength of the LightSheer is attracted mostly to the melanin. The light is pulsed for a fraction of a second and the heat is then pulsed into the hair's matrix. The patented chill tip (up to four degrees Celsius) and protects the epidermis (the outer surface of the skin).

How long will the treatment take?

This will depend on the size of the area being treated. Can take as short as 5 minutes to 2 hours. Your technician will inform you of the time required.

What about ingrown hairs?

The laser will not create ingrown hairs. If you suffer from the laser will produce an effective treatment to clear the ingrown hairs.

Can I wear makeup?

Yes, as long as the skin is intact. If the skin is open anywhere you must use petroleum ointment on the open spots.

When laser cannot be done:

- if you are pregnant
 - if you are on medications called Accutane
 - if you have keloids
 - if you have recently waxed, tweezed or had electrolysis within the last 4 weeks
- Laser hair removal must be used with caution if you suffer from cold sores or genital herpes.

How much will the treatments cost?

Over time hair treatments have proven to be less costly than the ongoing methods such as waxing, shaving or electrolysis. A price list will be printed by the office.

Is this covered by my insurance?

Most insurance companies do not offer reimbursement for cosmetic procedures. However, consult your insurance company for more information.

Is there a guarantee that this will work?

Laser reduction works 90% of the time in most individuals. Unfortunately 10% of people may not respond at all. This cannot be determined until after 2 treatments. If you attend all sessions as suggested you should obtain 70-95% permanent hair reduction.



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Bite club: Animals sink teeth into 1,100 Niagarans

KARENA WALTER
Postmedia Network

If a Niagara resident is bitten by an animal, and the culprit isn't a dog or cat, chances are it's a bat.

The Niagara Region Public Health department investigated 44 cases of bat bites or contacts last year.

Of those, three bats tested positive for rabies.

"Unfortunately with a bat's bite, it's not the same as a bite from a dog, it's not as painful and sometimes you're not completely aware of it," said Bill Hunter, the department's manager of environmental health.

"So we try to err on the side of caution if we can, proceed to send it for testing or recommend providing prophylaxis for the patient."

The bat reports among 1,399 bites investigated by Niagara public health officials in 2015, slightly up from the year before.

Most were from domestic animals. Seven hundred



HARRY CARLUCK/FILE PHOTO

Bats, shown here taking flight, are responsible for 44 bites in Niagara last year.

and two bites were from dogs while 339 people felt the nip of a cat.

Thirteen people were bitten by rodents and one reported being gnawed by a rabbit or hare. Another 39 people suffered bites by "other" animals — while hiking most were bitten and couldn't determine the species, whether it be a raccoon, skunk, fox or other wild animal.

One bite, reported by a hospital, was categorized by the

health department as "unknown" because the victim was too inebriated to narrow down what or who did the biting.

No one has died of rabies in Niagara for almost 40 years. The last human case in Ontario was in 2012 in Toronto.

Hunter said until this past December when raccoon rabies were reported in Hamilton and Haldimand, bats were the biggest potential source of rabies transmission to hu-

mans in the area.

Hesaid a huge dent has been made in wild animal rabies in recent years with aerial baiting drops and catch and release programs by the Ministry of Natural Resources and other provincial agencies.

Bats, though, can't be vaccinated.

"No one has come up with a mechanism as yet so bats are something we're more concerned about," Hunter said. "In fact where we've had tests done in Niagara, bats have been the species where we found the rabies virus in recent years."

Most of the bat cases happen in older homes where bats become residents, he said. A person wakes up with a bat in their bedroom and may or may not know if they've been bitten overnight.

Public health determines if there's reasonable contact before proceeding with a vaccine. It's recommended people who see bats in their home close the door of the room and call the

TAKING A BITE OUT OF NIAGARA

Niagara Region
Public Health
Investigations of
animal bites in 2015

Dogs - 702

Cats - 339

Bats - 44

Rodents - 13

Lagomorphs (rabbits or hares) - 1

Other (something wild)

- 39

Unknown - 1

humane society.

Physicians, police officers and humane society employees are required by law to report bites they know of to public health, which then has to investigate.

Hunter said public health tries to determine the sequence of events that led to the bite, such as whether an animal was provoked, which

could just mean being fed, or if it was an out-of-the-ordinary attack.

When possible, the health department quarantines the animal for 10 days, sometimes on the owner's property. Hunter said if the animal is alive after 10 days, it means it wasn't rabid, because biting is a phase at the end of the rabies illness.

In 2015, 745 animals, mostly dogs and cats, were quarantined in Niagara. Another eight animals were dead by the time public health investigated and were sent out for testing.

In past years the department has investigated bites by horses, alpaca, deer and squirrels.

When it comes to wild animals, Hunter said it's best to admire them from a distance. They can feel threatened and will respond by biting and scratching.

"Exercise caution, particularly with animals in the wild," Hunter said. "They may look cute but they're not in a Disney film."



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LOCAL NEWS

Panthers already looking to next season

BERND FRANKÉ
Postmedia Network

It's all but certain where two teams will place in the final standings when the Greater Ontario Junior Hockey League season wraps up five weeks from now.

Only one of them will make it past the first round of the playoffs and remain in contention for a provincial Junior B Championship.

And that team, the Caledonia Corvairs, boasting a remarkable .834 winning percentage entering weekend action, must be considered a heavy favourite to capture the Sutherland Cup for the third year in a row.

The other team that already has a good idea of where it will be in the Golden Horseshoe Conference when the season winds up Feb. 28 is the Pelham Panthers. Though not yet mathematically eliminated from finishing anywhere but last in the eight-team confer-

ence, Pelham is all but certain to face Caledonia when post-season play gets underway.

Head coach Paul MacLean conceded the Panthers, unlike the Ancaster Avalanche, their opponents in a game Jan. 19 at Pelham Arena, aren't pursuing a goal of playoff seeding as the regular season winds down.

"All we are trying to do now is come up with an effort every night," MacLean said after a 7-3 loss to Ancaster that extended the team's losing streak to nine games.

He said injuries and suspensions, such as one sidelining scoring threat Adam Petric for two games, have contributed to the young team's struggles of late and 1-30-0-4 record overall.

"We need to have all of our players in order to compete," said MacLean, who is in his first year coaching the Panthers. "We're not a team that can't go with 12 (forwards) and six (defencemen) every

night. I don't think we've had a full lineup all season."

If there's a silver lining to the constant roster changes, it's the chance to catch an early glimpse of midget players who may be ready to make the jump to Junior B. MacLean said in addition to filling holes in the lineup, the affiliated players are giving the Panthers a chance to look ahead to the 2016-17 season.

"It's a good chance for them to prove themselves," he said. "Today was an audition for Friday."

MacLean doesn't consider giving ice time to recent call-ups a slight against the players who have been with the team since the start of the season.

"It's not a threat. Everybody has had the opportunity to play," he said. "If they're not doing their job then we make changes."

Despite the team's won-loss record, MacLean has seen improvement, citing a 4-2 loss to the Welland Junior Canadians and a 3-0 setback to the Fort Erie Meteors.

"We were in both games. I thought we were competitive."

He suggested Petric, the team's scoring leader with 12 goals, might have made a game-changing contribution in the loss to Fort Erie had he not been serving the first game of a suspension.

"We had opportunities to score on a 5-on-3 (power play), but we just couldn't buy a goal," MacLean said. "We don't have a lot of natural goal scorers."

"I'm afraid our goals have to be ugly, so to speak."

Tim Tofolo, Panthers owner and director of hockey operations, cited a lack of experience as the biggest reason the team will finish in last place in a "rebuilding year."



BERND FRANKÉ/POSTMEDIA NETWORK

Pelham Panthers defenceman Dylan Cancilla, right, checks the Ancaster Avalanche's Ryan Krill behind the net in Junior B hockey Tuesday night in Pelham.

"We're developing our players, and they're coming along. I think we've seen a lot of guys get a lot better," he said.

"At the end of the day, when you don't have the five or six players with three or four years in Junior B, it's tough for us to compete."

"It's very difficult to compete with teams of that level. Our kids are still learning to shut down these guys."

Jesse Hilton scored a hat trick and collected an assist to lead Ancaster in Tuesday night's game.

Cole Nagy, Lucas Pozzebon,

Reilly Webb and Jack Wismer also scored for the visitors in the white-to-white win.

Dylan Cancilla, Liam Little and Jeffery Venzon reunited for the Panthers who were outshot 58-22.

Little's marker was his first at the Junior B level since being called back from the Greater Toronto Hockey League a week ago.

He is among as many as 10 affiliated players who have seen action in a Panthers lineup that has been hurt by injuries and, most recently, suspensions.

Cole Cecil earned the victory between the pipes as the A's improved to 5-0 versus Pelham this season.

Tyler Caruana made 51 saves in a loss that dropped Pelham's record to 1-30-0-4.

Neither side was particularly effective on the power play.

Ancaster finished the game 1-for-7 with a man advantage;

the Panthers, 0-for-6.

Ancaster moved one point ahead of the idle St. Catharines Falcons in the race for second place in the GOJHL's Golden Horseshoe Conference.

However, St. Catharines, 23-9-2-2, has four games in hand on the 22-11-4-3 Avalanche.

Pelham hosts the Thorold Blackhawks Friday.

Ancaster returns to the ice the following night with a road game against the Fort Erie Meteors.

Thorold is the only team to lose to the Panthers in league play so far this season. The Hawks, who suffered a 2-1 setback Dec. 4 in Pelham, lead the season series 4-1, eight points to three with the Panthers picking up a consolation point in an overtime loss.

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NPCA floating new Welland River floodplain

WAYNE CAMPBELL

Special to Postmedia Network

More than 5,000 households within 500 metres of the Welland River will soon receive a letter.

In it, Niagara Peninsula Conservation Authority will outline the agency's new floodplain mapping strategy and policy framework.

In September, it plans to formally approve revised floodplain lines and policies.

They will involve three sets of lines on maps of the Welland River from the Blinbrook dam in Hamilton to the Niagara River.

The maps will indicate, based on risk of flooding, where construction and development would be permitted, modified or prohibited.

The maps will follow a colour code of green, yellow and red indicating no risk to high risk.

NPCA chief administrative officer Carm D'Angelo said in an interview that a group of stakeholders — the watershed floodplain committee — suggested the direct mailing to property owners.

NPCA plans to back it up with news releases, advertising, website postings, social media and town hall meetings, in Chippawa, Welland, Wellandport and Caistor Centre.

The 5,000 properties line the river in Hamilton, Haldimand, West Lincoln, Wainfleet, Pelham, Welland and Niagara Falls.

The floodplain committee, which is made up of NPCA staff and board members along with property owners, representatives of municipalities and other interested parties, said direct mailing is a good way to engage the public in the process.

The strategy contrasts an earlier effort to revise the official 1985 major-storm floodlines for the watershed.

In 2010, NPCA approved new lines. However, it did not tell anyone.

Farmers, homeowners and developers discovered them when they applied for building permits.

The surprise change led to a storm two-year contestation.

Individuals, property owners, groups, developers and municipalities questioned the validity of the floodlines, hired experts and threatened legal action.

The new lines were dropped.

"We want to do it right this time with as broad a public consultation as possible," said NPCA chair Bruce Timms, a regional councillor for St.

Catharines.

Compared to 1985, the authority has much better data based on current technology and knows how much infrastructure has changed along the river, he said.

After problems following 2010, "the community has to be confident that the latest data is considered in constructing new lines," Timms said.

This time NPCA spent a year on planning and mapping research before introducing the process to the public.

It is also working under more recent provincial guidelines.

As it has since 1959, the authority must ensure conservation of habitats, waterways and natural features along with protection of people and property from flooding. Now, it must also consider climate change and its effects on the watershed.

"Most people get it," said D'Angelo about climate change.

Recent flooding of neighbourhoods in Calgary, Burlington and Stoney Creek, along with provincial and national discussions about climate change, has raised awareness of risks, he said.

While the Welland River may not surge with flash floods, it does carry its own threat of rising waters from rain and runoff.

Steve Miller, supervisor of

water resources who monitors river flow, said "the Welland River is one of most complicated watercourses in North America."

It is affected by the Ontario Power Generation canal in Niagara Falls that sashes Welland River water back upstream each day. The river flows through two siphons under branches of

the Welland Canal in Welland. And it has the pressures of rural farmland runoff and urban residential stormwater.

Miller said NPCA oversees 140 watercourses. Half of them have floodplain mapping, especially if they flow through built-up communities. That's where there's potential impact from flooding.

"It is more like a tidal basin as opposed to a watercourse," said Miller.

D'Angelo said anyone who wishes to attend the four public meetings on the floodplain lines is invited. They need not be within 500 metres of the river.

The 500-metre band on each side of the river serves as "a

study area," he said.

The actual floodplain lines along the river will vary depending on natural conditions, height of banks, land elevations, structures and other features.

The people who attend the meetings tend to be tuned into the river and provide informed opinions, D'Angelo said.

UNDERGROUND TRANSMISSION LINE – NOTICE OF ROAD CLOSURE For the Niagara Region Wind Project, FWRN

Project Name	Niagara Region Wind Project (the "Project")
Project Location	Within the Townships of West Lincoln and Wainfleet and the Town of Lincoln in the Niagara Region and Haldimand County in Southern Ontario
Notice Dated At	Haldimand County and Niagara Region, the 17th of January 2016.

Niagara Region Wind Corporation, now FWRN LP (the "Proponent"), are engaging in a renewable energy project for which a Renewable Energy Approval ("REA") was issued by the Ministry of the Environment (now the Ministry of Environment and Climate Change) on November 21, 2014.

Project Description

The Project is located within the Townships of West Lincoln and Wainfleet and the Town of Lincoln in the Niagara Region and Haldimand County in Southern Ontario. The Project will consist of 77 wind turbine generators, step-up transformer, electrical collector lines, a transmission line, two transformer substations, turbine access roads and construction staging areas. The Project will have a total maximum nameplate capacity of up to 230 MW.

Underground Transmission Line – Road Closure CANBOROUGH ROAD:

Vault and duct bank installations, along with underground trenching will begin on Canborough Road, between Collier Road to Regional Road 45.

The road closure would be from: Jan. 25 to Feb. 2, 2016.

Detours for this road closure are: Wellandport Road to Regional Road 45 (see diagram).



Please note that public services (i.e. mail delivery, garbage pick-up, school buses, etc.) may be disrupted during this time.

If you have any obstructions in the right-of-way near your property (e.g. fences, private gas lines, gardens, tiles, electrical lines), please contact Shiloh Berriman (contact information below).

Project Contact Information

If you have any questions or concerns throughout the Project's construction phase, please do not hesitate to contact us at:

NIAGARA REGION WIND PROJECT CONTACT

Shiloh Berriman

Email: shiloh.berriman@nercon.ca

Cell: 289-683-2563

GENERAL PROJECT INFORMATION

General Number: 819-363-6491

Toll Free: 1-844-363-6491

Project email: info@nrwc.ca

Project website: www.nrwf.ca

NPCA TOWN HALL MEETINGS

Niagara Peninsula Conservation Authority has set up four town hall meetings to explain new floodplain mapping along the Welland River.

They will be held in Chippawa, Welland, Caistor Centre and Wellandport from 6 p.m. to 9 p.m. with a presentation at 6:30.

The schedule is:
■ Wednesday, Feb. 3 at Chippawa Willeby Memorial Arena (meeting room) 9000 Sodom Rd., Niagara Falls

■ Tuesday, Feb. 16, Riverstone Event Centre 414 River Rd., Welland;

■ Thursday, Feb. 25, Caistor Community Centre, 2633 Angerton Rd., West Lincoln;

■ Monday, Feb. 29, Wellandport Community Centre, 5042 Canborough Road (Rtg. Road 63), West Lincoln.

Award shows delphinium's a blooming success

TERESA FORTE

Special to Postmedia Network

When I started gardening, I dreamed of growing six-foot tall blue and violet delphiniums. Their stately blooms graced the backs of the perennial borders in the English gardening books I'd been studying. Delphiniums were essential to a proper perennial garden.

For the first few years, our garden included sky-blue Summer Skies, deep purple Black Knight and King Arthur in shades of royal blue with white bee. They were indeed showy, but they also demanded a lot of attention: rich soil, regular feeding, several stakes and tying the stems with twine (the top-heavy plants still blew over in a storm).

After a short romance, the delphiniums disappeared and I moved on to perennials and grasses that were less demanding of my attention.

Does this mean the romance was over?

Not really. I will go out of my way to visit a beautiful and well-tended display of delphiniums. I still can't resist their tall spires of blue, violet, white and pink flowers.

The delphinium has been named perennial of the year for

2016 by the National Garden Bureau. Let's take a closer look at this garden classic.

History

Delphinium, a native throughout the northern hemisphere, includes about 300 species in the ranunculaceae (buttercup) family. The name delphinium originated with the ancient Greeks, who thought the shape of the new flower bud with spur resembled that of a dolphin's nose.

The Pacific Giant hybrids are a popular variety today that typically grows four to six feet tall. Millennium delphinium hybrids are reportedly better in warmer, more humid climates than the Pacific hybrids.

Delphinium cultivars in production today

The most common delphiniums in commercial production are Delphinium elatum and Pacific hybrid varieties known for their long spiky stems and beautiful two-foot long flower stems. These mainly seed-propagated plants are available through garden retailers.

Delphinium Pacific hybrid varieties are slightly taller than New Millennium varieties, but very similar in growing habit and colours. Pacific Hybrids are also referred to as Pacific Giant hybrids. The most popular varieties are Black Knight, Galahad,

Blue Jay, Blue Bird and King Arthur.

The Delphinium Guardian, Aurora and Magic Fountain series also offer great colours and very controlled growth. This new breeding is beginning to replace some of the older elatum hybrids on the market. Blue, purple and lavender are the most popular colours in this series.

Delphiniums in the garden

Homeowners can begin their delphiniums from seed or as a plant from a garden retailer. They are very easy to grow in the northern climates, with very little maintenance. As a perennial, they tolerate cool northern climates and overwinter with ease as a hardy perennial. Some misunderstanding about non-hardiness actually comes from hot and humid climates, which the plants cannot tolerate for long periods of time.

Culture

Delphiniums prefer a rich loam soil, that is moist but well drained, and full sun. For the showiest flowers, they will want regular feeding.

Removing the spent flower stems (deadheading) will encourage a second flowering later in the season. Taller varieties will require staking to keep them upright. Stakes should be installed in May to support the

tall flower stems as they develop.

Mulching is not recommended, because it can cause stem rot. After heavy frost, late-fall early-winter plants need to be cut back and cleaned up. Winter protection is not necessary, but plants can be covered with hay or leaves to protect the crowns.

This protection needs to be removed very early in spring to maintain a healthy Delphinium in the garden. In natural snow-covered areas, no extra protection is needed.

Homeowners can begin their delphiniums from seed or as a plant through your garden retailer. Growing delphiniums from seed is an investment. Tall varieties will take two years to bloom from seed. Shorter varieties will bloom in the first year from seed. Summer (28 to 32 cm tall) is well suited to containers or to tuck into the front of a border, selections include Morning (pink), Stars (white) and Nights (deep blue).

The slightly taller Magic Fountains (75 to 90 cm) are listed as wind tolerant

and will also bloom the first year from seed.

Container-grown delphiniums purchased from garden retailers will often bloom the first year they are planted, if you buy an established plant. Younger potted plants are more economical — situate them in the garden and then let them establish themselves before expecting them to perform. Patience is the key.

Pests and disease

Powdery mildew, usually the result of high humidity and poor air circulation, can be a problem. The best way to get rid of this problem is by keeping the foliage as dry as possible.

Several sources recommend replacing delphiniums, perhaps even moving them to a different spot in the garden every three years, to keep the stock vigorous and prevent the spread of soil-borne disease.

Teresa Forte is a local garden communicator and photographer. You can reach her by phoning 905-351-7540 or by e-mail at teresa_forte@sympatico.ca.



TERESA H. FORTE / SPECIAL TO POSTMEDIA NETWORK

Delphiniums can reach 180 cm tall, shorter varieties 90 cm, each stem is packed with showy flowers in shades of purple, blue, white, pink or violet.

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For those of you who we may have missed we apologize but thank you for making the event so special!

